

BICKFORD NEWS YOU CAN USE

Hello Families-

Its has been one cold winter as we all have try to keep warm this year. We were still able to have some in door fun. Take a look at some of the fun things we have planned this month for your loved one.

Every 1st and 3rd Thursday we will have a Welcome Committee. This will give our residents a chance to met the new residents that are being welcomed to Bickford.

Feb. 4th- Residents will have a small superbowl party.

Feb. 9th- Starbucks will be joining us for BINGO.

Feb. 14th- Valentine's Day socail join us for some crafts, trivia, games, and food.

Feb. 19th- President's Day we will talk about our nations different presidents as we see how much we know about them.





Winter. Time to eat fat

and watch hockey. In the pewter mornings, the cat,

a black fur sausage with yellow

Houdini eyes, jumps up on the bed and tries

to get onto my head. It's hominids were sensible, his

not I'm dead.

atched; if I am

Il think of something. esettles

on my chest, breathing his breath

of burped-up meat and musty sofas,

declaring war. It's all about sex and territory,

which are what will finish us off

in the long run. Some cat owners around here

should snip a few testicles. If we wise

we'd do that too,

way of telling whether or or eat our young, like sharks.

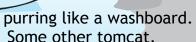
I'm not, he wants to be Off my face! You're the life principle, more or less, so get going

> on a little optimism around here.

Get rid of death. Celebrate increase. Make it be spring.



assisted living & memory care



Happy Birthday

Fairice Deffenbaugh -6th Richard Wells -24th

FEBRUARY FUN FACTS

- * It is the shortest month of the year.
- * The Welsh call February "y mis bach" which means "little month".
- * It is the third month of winter
- * In the Southern Hemisphere February is a summer month the equivalent of August
- * Together with January, it was the last of the months added to the Roman calendar.
- * The largest American sporting event of the year, the Super Bowl, is held in February.



Super Bowl Party

11a Fitness of the Ages 1:30p Kings in the Corner 3p Church Service

6:15p Fireside Cocoa & Chat

11a Fitness of the Ages 6:15p Fireside Cocoa &

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9:45a Brain Teaser 11a Exercise

1:30p Heart Tree Painting 2:30p Ruby Gentry &

Februar

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Popcorn 7p Card Games

9:45a Brain Teaser 11a Exercise 1:15p Mardi Gras

Necklace 2:30p King Creole & **Popcorn 7p Card Games**

President's Day

10a Kay Uklele 1p Presidential Fun 2:30p 20,000 Leagues Under the Sea & Popcorn 7p Card Games

Monthly Birthday Party 9:45a Brain Teaser 11a Exercise 12p Birthday Luncheon 1:30p 2:30p The Spirit of St. Louis & Popcorn 26 **7p Card Games**

9:45a Coffee Talk 11a Exercise

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2p Balance Class

3p Guess the Shadow

6p Wheel Of Fortune

11:45a WhoWhatWhen?

11a Exercise

11:45a WhoWhatWhen? 2p Balance Class 3p Reminisce W/Jess: Love Day 6p Wheel of Fortune₁₃

9:45a Coffee Talk 11a Exercise 11:45a WhoWhatWhen? 1p Dan Ryan Express 2:30p Balance Class 6p Wheel of Fortune

9:45a Coffee Talk 11a Exercise 11:45a WhoWhatWhen?

1:15p Cranium Crunch 2p Balance Class 6p Bridget's Melody 27

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9:45a Word Search 11a Exercise 1:15p February's IQ 2:15p Frozen Treat 6p Music & Cocoa

9:45a Word Search

1:15p Cranium Crunch

10:30a Luncheon

3p Ask-A-NURSE

6p Music & Cocoa

Valentine's Day

1:15p HeartSuncathers

2:30p V-day Party-Spin-

6p Music & Cocoa 14

FIRE DRILL

1:15p Cranium Crunch

2p Resident's Council

6p Music & Cocoa 21

9:45a Word Search

11a Exercise

3p Movie Trivia

9:45a LOVE Search

11a Exercise

o-Matic

11a Exercise

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Welcome Committee

9:45a Brain Teaser 1a Exercise 1:30p February's IQ 2:15p Seated Soccer 3p Black History Trivia p Wheel of Fortune

9:45a Brain Teaser 11a Exercise 1:30p Black History Trivia 2:15p Table Tennis 3:30p Mad Libs: Love is in the Air 6p Wheel of Fortune

Welcome Committee

9:45a Brain Teaser 1a Exercise 1:30p Black History Trivia 2:15p Seated Soccer 3p Hank & Friends 6p Hilary & Rebecca Sing Along 9:45a Brain Teaser 11a Exercise 1:30p Black History Trivia

2:15p Table Tennis 3p Popcorn w/ Love 22 **Ground Hounds Day**

9:45a Coffee/Donuts 10a Secert Quote 11a Exercise 1p Guitar Solo John ~ 2p BINGO 3p Spring or Snow 2 7p Movie Night

9:45a Coffee/Donuts 11a Exercise 1p Guitar Solo John * 2p STARBUCK'S BINGO 7p Movie Night

9:45a Coffee/Donuts 11a Exercise 1p Guitar Solo John ~ 2p BINGO 7p Movie Night

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9:45a Coffee/Donuts 11a Exercise 1p Guitar Solo John * 2p BINGO

4:30p Social Hour w/ Angelicka 7p Movie Night 23 9:15a Manicures 10a Piano Music Dee 11a Exercise

1p Skip-Bo 2:30p Pop & Popcorn

9:15a Manicures 10a Piano Music Dee ~ 11a Exercise 1p Left Center Right 2:30p Pop & Popcorn

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